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Your essential daily news | TUESDAY, MAY 26, 2015

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Blast sends man to hospital

Firefighters walk away from a shipping container used for storage that exploded behind Ken's Carpets on Archibald Street Monday morning, sending one man to hospital in critical condition. See story in metroNEWS. SHANE GIBSON/METRO

Pipeline threat to drinking water: Report

Concern raised that ruptures would cause oil seepage

A new report says a pipeline that would carry one million barrels of oil daily from Alberta to the East Coast would threaten the drinking water of more than 60 per cent of Manitoba residents.

The report by the Manitoba Energy Justice Coalition said a rupture on the proposed Energy East pipeline would seep into any number of waterways which feed into Winnipeg's water supply. "Small, continuous, undetect-

ed leaks will occur and seep unseen into the ground causing ground and surface water contamination," said Dennis Le-Neveu, a retired biophysicist and author of the report. "One spill, one leak — it doesn't have to be a big leak — almost anywhere along that line can be carried over our aqueduct."

LeNeveu said a 40-year old repurposed natural gas line would be used across Manitoba. Such pipelines can get corroded and have ruptured four times in Manitoba in the last 20 years, he said. The entire length of Winnipeg's 100-year-old aqueduct would be in danger of contamination from the pipeline, which would run parallel to it, LeNeveu said.

Calgary-based TransCanada

Corp., the company behind the \$12-billion pipeline, said it would be safe. Spokesman Tim Duboyce said the company already does a thorough inspection of the existing line with technology that can detect erosion as small as a pencil tip. Such defects are immediately repaired, he said.

Critics say even a small risk of contaminating Manitoba's water is too great. "There is absolutely no replacement for water in sustaining life," said Vicki Burns, director of the Save Lake Winnipeg Project.

Provincial spokesman Al Foster said in an emailed statement the department was studying the report and it would be taken into consideration during National Energy Board hearings on the project. THE CANADIAN PRESS



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Your essential daily news

Air Canada crackdown on carry-ons begins. **Business**



IN BRIEF

Graham James facing more sex-related charges

Convicted pedophile and former junior hockey coach Graham James is facing new sex-related charges.

RCMP in Saskatchewan said James is charged with sexual assault that is alleged to have happened when he coached the Swift Current Broncos in the early 1990s. James, who is 62, served three-and-a-half years in federal prison for sex offences against Broncos hockey player Sheldon Kennedy and two others. THE CANADIAN PRESS

Police HQ to get repairs

Winnipeg's new police headquarters complex on Graham Avenue is undergoing repairs before it's even officially opened.

The city announced on Monday that crews will be working this summer to repair exterior cladding panels on the office tower, and will also be replacing some electrical transformers that were damaged during flooding in 2014. METRO

Skywalk to stay closed

The skywalk between the Delta Winnipeg hotel and the RBC Winnipeg Convention Centre will remain closed until the city installs temporary supports to stabilize the structure.

The skywalk was closed to pedestrian traffic on April 9. Once the temporary shoring has been completed, final design and construction of a permanent repair will be started. METRO

Explosion leaves man in critical condition

ST. BONIFACE

Neighbours say a leaky propane tank was to blame



Shane Gibson Metro | Winnipeg

A man is fighting for his life in hospital after an explosion sent shock waves through St. Boniface Monday morning.

Emergency crews were called to Ken's Carpets at 730 Archibald St. around 9:30 a.m. after an explosion occurred in a shipping container behind the business that neighbour Ted Dorra said sounded like a rocket taking off.

"All I heard was a big boom ... the sound just bellowed out," said Dorra, who was watering his lawn a block away when the explosion happened. "I looked up and could see flames and black smoke."

Winnipeg Fire and Paramedic Service platoon chief Doug Martin said a 50-year-old man, an employee from Ken's Carpets, was rushed to hospital în critical condition.

The explosion left the trailer a mangled wreck and also damaged several vehicles, but Martin said the resulting fire was put out within 10 minutes of fire crews arriving on scene and before it could spread to



Investigators look over the wreckage after a shipping container used for storage behind Ken's Carpets on Archibald Street exploded around 9:30 a.m. Monday. SHANE GIBSON/METRO

the building.
The accident also forced a Canadian Pacific Rail freight on some nearby tracks to come to a stop while crews fought the fire.

Investigators are still trying to determine the cause, but Dorra and other neighbours who rushed to the scene after the blast told Metro the explo-



All I heard was a big boom ... the sound just bellowed out.

Ted Dorra, area resident

sion happened after someone lit a cigarette near the shipping container, which had had a barbecue with a leaking propane tank stored in it since Friday night.

An employee who picked up the phone at Ken's Carpets 90 minutes after the explosion said no one was available to talk about what happened. WITH FILES FROM THE CANADIAN PRESS COMMENTARY

Let's suit up the guys, too



WHAT'S GOOD Ace **Burpee**

A month or so ago I hosted a Cancer Care MB gala, and Kate Gameiro, the special events manager, pulled me aside and asked me a question that is going to be answered as of today: She was wondering why there isn't a program for graduating young men similar to "Gowns for Grads."

Gowns for Grads and similar programs are outstanding. Women donate dresses to ensure all graduating women, regardless of means, have something beautiful to wear. So what about a similar program, but with suits for young men? On Friday I finally asked on the radio if there was a market for a program like this, which brought Dana into the mix.

She's already started a similar program at Gordon Bell, so we're officially a go. Pretty much every grown dude I know has a legit nice suit taking up space in the closet. That means there are thousands of suits that could be put to a way better use than being useless.

So let's suit 'em up. Dropoffs can be made until June 12 at Gordon Bell High School between 8:30 a.m. and 4 p.m., or at the Virgin Radio offices at 1445 Pembina Highway from 9 a.m. to 5 p.m.

Suit up. Let's go.

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NEWS | Winnipeg

INFRASTRUCTURE

Mayes gets backing for river crossings

Coun. Brian Mayes is calling for more pedestrian crossings over the Seine River, and on Monday he took a step toward making that happen.

The city's downtown development committee endorsed a proposal on Monday by the St. Vital councillor that would see at least two pedestrian crossings built over the Seine River.

The bridges would be built as part of the city's proposed \$334-million, 20-year active transportation plan, which looks to increase the number of people walking and cycling in Winnipeg.

The cycling and pedestrian strategy currently calls for a number of new bike and walking paths across Winnipeg, and Mayes said the ones built over the Seine River would be less expensive than some of the others proposed in the plan because of the narrowness of

The proposal now goes to the city's executive policy committee. DAVE BAXTER/METRO

Cold cases profiled on Missing Kids Day

The smallest piece of information can reunite missing kids with their families, even decades later.

That was the message from the Winnipeg-based Canadian Centre for Child Protection on Monday, as it marked International Missing Kids Day by teaming up with police agencies across Canada to profile more than 100 historic cases of mis-

The cases date back as far as 1944, but the centre said there are still family members who want to know what happened to their loved ones.

In Winnipeg, police highlighted the case of Amber Guiboche, last seen on Nov. 10, 2010, near William Avenue and



A database of historic cases of missing children, including several from Manitoba, can be viewed at missingkids.ca.

Isabel Street.

Investigators believe Guiboche may have entered a red truck at that time.

At the time of her disappearance, Guiboche was described as a 20-year-old with a fair complexion, long, straight brown hair and hazel eyes. She was five-foot-five in height and weighed about 105 pounds. COLIN FAST/FOR METRO



Hydro offers loans for radon gas abatement

Manitoba Hydro wants to help homeowners reduce the risk of radon gas in their

A new Hydro program announced Monday is offering loans to homeowners to help pay for mitigation measures to test for and reduce the amount of the colourless and odourless gas in their homes.

Go to hydro.mb.ca/loans for more information on the program. METRO



concerns about allowing for the lot. DAVE BAXTER/METRO

Committee OK's **Upper Fort Garry lot**

CITY HALL

Temporary parking would be allowed for two years

Dave Baxter Metro | Winnipeg

The city's downtown development committee approved a temporary gravel parking lot at the Upper Fort Garry site Monday, an idea that originally got the thumbs down from the city.

The committee allowed for the temporary lot, which the Friends of Upper Fort Garry said will generate much-needed revenue, but will only allow it to run for two years.

"I'm really happy," said Friends of Upper Fort Garry chairman Jerry Gray.

Gray said the lot will allow for 60 to 70 vehicles, and could generate \$250,000 to \$300,000 over the two years.

They will use an existing surface lot that is still intact.

The committee's ruling over-

rules the city's planning department, which previously denied the temporary lot.

The committee voted unanimously to support the project, but Coun. Jenny Gerbasi said despite voting for it, she was very reluctant about giving her

support.
"It's always a concern," said Gerbasi. "However, it is a very unique situation. I'm not thrilled about it, but clearly the committee has a lot of support for this project.

She said she is opposed to surface parking lots downtown, but she is a big fan of what Friends of Upper Fort Garry is doing.

The Friends said they plan to build an underground parking lot they hope will be ready in two years, and they have no plans to use the surface lot past the two years.

"I still continue to have concerns about what will happen in two years," said Gerbasi.

Friends of Upper Fort Garry, a not-for-profit, has raised roughly \$13 million to date, but they need another \$15 million to complete the park project, which is being done in phases.

The park is expected to be open to the public in June.

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13 men charged with exploiting teen girl



Colin Fast Metro | Winnipeg

Winnipeg police have charged 13 men with sexually exploiting a teenage girl over a period of several years.

Police say the alleged victim, who is now an adult, told investigators she was sexually abused by a large number of men when she was between

Police say the victim was given money for sex by men who were much older than her, some of whom were acquaintances of her family.

Police spokesman Const. Jason Michalyshen said the victim had previous involvement with police, and shared her story with investigators because she trusted them.

He said the case shows the importance of police building relationships with community.

"If we can engage young people, or anyone for that matter, who have been potentially victimized in this fashion, and if we can develop that rapport and that level of trust that they're willing to speak on matters from their past, that is such a huge step forward with respect to how policing is perceived,' Michalyshen said.

The accused are between 41 and 69 and face charges including sexual interference, sexual assault and obtaining sexual services of a person under 18 years. WITH FILES FROM THE CANADIAN PRESS



Winnipeg paramedics Lisa Gulle and Darren McCabe take part in a demonstration to show how the new power stretcher systems will work in city ambulances. DAVE BAXTER/METRO WINNIPEG

Emergency workers in city set to get a lift

Power stretcher system coming to all Winnipeg ambulances

Baxter Metro | Winnipeg

The city is about to make it a whole lot easier for emergency workers to lift injured people

into ambulances.

On Monday it was announced all City of Winnipeg ambulances will now be equipped with power stretcher systems. The stretchers, which were previously tested in two city ambulances, use a hydraulic system and can lift up to 700 lbs., taking away the need for people to be lifted manually.

The number of morbidly obese people in our population continues to grow," said Coun. Jeff Browaty. "Our fire and paramedics services recognize that lifting heavy people continuously

The number of morbidly obese people in our population continues to grow.

Coun. Jeff Browaty

is stressful on their bodies."

The cost to implement the system is \$318,975 but Winnipeg Fire Chief John Lane said it

will lead to big cost savings, because of the amount of injuries emergency workers currently get from lifting.

"We have lost 6,200 hours in injury time in the last three years from lift-related injuries," said Lane. "We expect these stretchers to reduce our workers compensation experience, and most importantly we expect these power stretchers to improve the career longevity of our ambulance-based paramedics, and help to insure our staff enjoy a long and healthy retirement.



Police spokesman Const. Jason Michalyshen COLIN FAST/FOR METRO





metr® NEWS World Tuesday, May 26, 2015



A Rohingya migrant child shares a phone to talk to a relative at a temporary shelter in Indonesia, Monday. THE ASSOCIATED PRESS

139 graves unearthed

HUMAN TRAFFICKING

Malaysian PM vows to find smugglers

A cluster of abandoned jungle camps used by human traffickers contained 139 suspected graves, as well as barbed-wire pens likely used to cage migrants, Malaysian authorities said Monday.

The find sheds light on a regional trade that preyed on some of Southeast Asia's most desperate people.

National police chief Khalid Abu Bakar said forensics experts were exhuming the suspected graves found at 28 vacated camps in the hilly jungle on the border with Thailand where trafficking syndicates were known to operate.

"It is a very sad scene," Khalid said in the town of Wang Kelian, several kilometres from the camps, one of which appeared large enough to hold about 300 people. "I am shocked. We never expected this kind of cruelty."

At one forest camp, police placed several parts of a decomposed body into white bags and brought them to Wang Kelian.

District police chief Riani Ismail said they would be examined by forensics experts. Police said they would begin digging up other suspected graves — mounds of earth, covered with leaves and

marked by sticks — on Tuesday.

Malaysian Prime Minister Najib Razak, in Tokyo on an official visit, vowed to find the perpetrators.

"I am deeply concerned with graves found on Malaysian soil purportedly connected to people smuggling. We will find those responsible," he said on Twitter Monday.

The finding in the northern Malaysian state of Perlis follows a similar discovery earlier this month by police in Thailand who unearthed dozens of bodies from shallow graves on the Thai side of the border.

Thai police Maj. Gen. Puthichart Ekkachan said 36 bodies had been found there in seven abandoned camps.

Most of those who have fallen victim to the trafficking networks are members of Myanmar's persecuted Rohingya Muslim minority or impoverished migrants from Bangladesh, part of a wave of people who have fled their homelands to reach countries like Malaysia in a bid to escape persecution and to find work.



FRANCE

President's ex plays bigger political role

A new person has been appearing more and more often alongside French President François Hollande on official visits abroad and in high-level meetings at the Elysée Palace: Segolene Royal, the president's ex-companion and mother of his four children.

As France's minister for ecology, sustainable development and energy, Royal is now Hollande's leading partner in his most ambitious political endeav-

3

They both share an immoderate taste for politics. Power is their reason for living, their mutual obsession.

Valerie Trierweiler, France's former first lady

our. She is playing a key role in France's preparations to host a landmark UN conference in Paris later this year on fighting climate change.

But her high profile at Hollande's side is rankling critics

who say she's playing too big a role in presidential politics. Royal, 61, draws her special status from her personal relationship with the president and from her high-level political career.

A heavy hitter in the Socialist

Party, Royal ran for president in 2007, coming second to Nicolas Sarkozy. That same year she announced her split from Hollande, after almost three decades together. Hollande then beat Sarkozy for the presidency in 2012.

Royal's nomination as minister came soon after Hollande's tumultuous breakup with ex-first lady Valerie Trierweiler, who was said to be firmly opposed to seeing Royal enter the government.
THE ASSOCIATED PRESS



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Victoria, who turns one today, is seen with her parents Melissa McMahon and Simon Boisclair, of Trois-Rivieres, Que., in Ottawa on Monday. Victoria was taken from a hospital last year and found thanks in part to the Internet. SEAN KILPATRICK/THE CANADIAN PRESS

Facebook to feature local Amber Alerts

SOCIAL MEDIA

Network to help by providing details of missing child

Facebook Canada will start sending Amber Alerts to users near the location where a missing child is believed to have vanished.

The alerts will provide all available details of the missing child and can be easily shared, to help spread the word.

The social media network says it will work with police in major centres across the country to get the alerts out.

Facebook started a similar

system in the United States in January.

Public Safety Minister Steven Blaney made the announcement Monday at Ottawa police headquarters.

Blaney says the project will mobilize the online community in the event of an abduction.

He pointed out that Monday was National Missing Children's Day.

"There is no greater fear for a parent than the possibility of a missing child," he said in a statement.

"Today is an important day to remember not only children who have gone missing, but also their loved ones."

Jordan Banks, managing director of Facebook Canada, said speed is vital in dealing with

an abduction.

"The most valuable thing we can do is get information out to the public as fast as pos-



When a child disappears, every second counts.

Pina Arcamone

sible," he said in a statement.
"By getting the right infor-

mation to the right people at the right time through targeted Amber Alerts on Facebook, we hope to reunite missing children with their families faster."

Pina Arcamone, director general of the Missing Chil-

dren's Network, said Facebook is uniquely positioned to help with Amber Alerts.

"When a child disappears, every second counts and statistics have shown that the rapid dissemination of information greatly increases the chances of locating a missing child, safe and sound.

"Facebook's geo-targeted alerts will give Amber Alerts an expanded social media and Internet presence, thus greatly enhancing our abilities to quickly recover the child."

Last year, a newborn abducted from a hospital in Trois-Rivieres, Que., was found after four teens saw a photo of the suspect in their news feeds and recognized her.

THE CANADIAN PRESS

FOOD

Beware pale pasta imitators, Italy says

Is your spaghetti dinner really Italian?

Not if you're using marinara sauce from a jar, regular supermarket pasta, everyday olive oil or — gasp — grated Parmesan cheese, says Pasquale Bova, the Italian trade commissioner to Canada.

And he warns it's a very serious economic issue hurting both Canadian taste buds and Italy's food export business. So the Toronto office of the commission has just launched its biggest ever advertising campaign to raise consumer aware-

ness about imitation Italian food products.

"If you're not buying Italian, you're not eating Italian," Bova said in an interview.

Canada buys an estimated \$3.6 billion of "fake" Italian foods every year, says Bova.

The offending food products on Canadian store shelves are not crafted in Italy but are packaged, presented and marketed in ways that look Italian, which can be confusing for consumers, he said.

"Italian cheeses have more look-alikes than Elvis Presley," says the commission's website, italianmade.com.

"Real Asiago cheese is made on a mountain in Italy. Don't settle for foothills of North America," it says.

Bova said that if cheeses such as Parmesan are pulverized into tiny grains and packaged, they are loaded with preservatives and definitely not Italian.

Besides cheese, some of the biggest offenders on the market are fake olive oils, balsamic vinegars and cured meats such as prosciutto and mortadella.

To make sure you're getting

the real deal, the commission advises to look for "Made in Italy" on the label, the region it's from, or a DOP (Protected Designation of Origin) logo or IGP (Indication of Geographical Protection) certification on packaging.

But why is it so important

But why is it so important to buy Italian-made?

"Because you're buying part of Italy: the richness of the soil, air and sun, the passion of Italian craft, and the quality demanded by its people," explained Bova.

TORSTAR NEWS SERVICE

Former Israeli PM sentenced to prison

Former Israeli Prime Minister Ehud Olmert was sentenced Monday to eight months in prison for unlawfully accepting money from a U.S. supporter, capping the dramatic downfall of a man who only years earlier led the country and hoped to bring about a historic peace agreement with the Palestinians.

Olmert was convicted in March in a retrial in Jerusalem District Court. The sentencing comes in addition to a six-year prison sentence he received last year in a separate bribery conviction, ensuring the end of the former premier's political career.

Olmert's lawyer, Eyal Rozovsky, said Olmert's legal team was "very disappointed" by the ruling and would appeal to Israel's Supreme Court. They were granted a 45-day stay, meaning the former Israeli leader will avoid incarceration for now.

Olmert also was given a suspended sentence of an additional eight months and fined \$25,000.

A slew of character witnesses had vouched for Olmert, including former British Prime Minister Tony Blair and former Israeli Mossad chief Meir Dagan, in written statements read aloud Monday. The verdict stated that it recognized Olmert's vast contributions to Israeli society and sentenced him to less than the prosecution had demanded. Still, it ruled that "a black flag hovers over his conduct."

Olmert was forced to resign in early 2009 amid the corruption allegations. His departure cleared the way for hard-liner Benjamin Netanyahu's election, and subsequent Mideast peace efforts have not succeeded.

THE ASSOCIATED PRESS



UNITED STATES MEMORIAL DAY CEREMONY HONOURS FALLEN CIVIL WAR SOLDIERS Members of the Ladies Living History Society attend a Memorial Day ceremony in honour of soldiers who died in the Civil War, at Spring Grove Cemetery in Cincinnati on Monday. President Barack Obama paid tribute Monday to Americans who died in battle, saying their fellow citizens must "never stop trying to fully repay them" for their sacrifice and noting this is the first Memorial Day in 14 years without U.S. forces involved in a major ground war. JOHN MINCHILLO/THE ASSOCIATED PRESS

SOUTH AFRICA

Rhino treated after horns hacked off

Poachers in South Africa had darted the rhino with a tranquilizer and hacked off her horns while she was sedated, leaving the animal with a horrific wound covering much of her face. A couple of days later, staff on a wildlife reserve found the grievously injured rhino — alive.

Last week, veterinarians operated on the 4-year-old female, a rare survivor of increasing attacks by poachers who killed more than 1,200 rhinos last year in South Africa — home to most of the world's rhinos.

They removed maggots and dead tissue, applied dressing and fastened a fibreglass cast with steel screws. The wound measures 50 by 28 centimetres, the biggest of 10 similar cases that the team has treated in the last three vears.

"If we can save Hope and she can go back and produce more offspring, then in her lifetime she would have contributed to the survival of the species," said Dr. Gerhard Steenkamp, a veterinarian from the University of Pretoria. Steenkamp is a member of Saving the Survivors, a South African group that treats rhinos who have suffered gunshot wounds, facial gouges and other injuries inflicted by poachers.

Demand for rhino horn is high in parts of Asia where it is seen as a status symbol and a cure for illness despite a lack of evidence that it can heal. THE ASSOCIATED PRESS

U.K. leader Cameron outlines who can vote

REFERENDUM

Should Britain remain in EU?

Britain's prime minister on Monday outlined who will be allowed to vote in a referendum on whether Britain should remain in the European Union, opting to exclude most voters from the other 27 EU nations living in the U.K.

Prime Minister David Cameron announced the parameters ahead of introducing legislation Thursday in Parliament to organize the ballot.

No date has been set for it yet but Cameron is committed to holding the referendum by 2017.

His plans include a tour of European capitals to press his case that the EU needs to be reformed, hoping that the upcoming vote in Britain will convince those on the continent that Britain is determined to enact change.

Cameron plans to travel to Denmark, the Netherlands, France, Poland and Germany this week as part of his efforts to talk with all of the leaders of the EU member states

before the European Council late next month.

Under the referendum measure, the vote will be open to those allowed to vote in British elections rather than rules used for European Parliament or local elections.

Cameron said U.K.-resident citizens of four other EU members - Ireland, Commonwealth members Cyprus and Malta, and the U.K.'s own territory of Gibraltar — will be eligible to vote, while citizens from 24 other EU nations will not.

This means more than half

of eligible voters among the 2.8 million non-British EU citizens living in the United Kingdom will be denied a ballot in the referendum.

Uniquely, Cameron plans to permit eligible voters in Gibraltar, the British territory on the Mediterranean Sea, to take part.

That decision could aid the pro-EU side, because Gibraltar's 30,000 residents broadly see EU membership as essential to thwarting Spain's ambitions of claiming the 6.8-square-kilometre territory. THE ASSOCIATED PRESS



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Business | metr®NEWS Tuesday, May 26, 2015

Air Canada crackdown on oversized bags begins

Fliers faced short wait times on first day of program

Air Canada began its promised crackdown on oversized carryon baggage on Monday, beginning with passengers checking in for flights in Toronto in a program it plans to expand across the country in about two weeks.

Passengers leaving on early flights from Pearson International Airport faced short lineups to get carry-on bags checked for sized and weight.

Those whose carry-on items met the criteria received a red tag, which the airline says helps reduce wait times at security. Those with articles that exceeded the guidelines faced being stopped at security and sent back to check-in where "standard fees will apply."

Renee Smith-Valade, Air Canada vice-president for customer experience, said extra staff were on hand at both check-in and security checkpoints and passengers moved quickly through

'Most European, international and U.S. carriers already have a system like this ... so we're just coming into line with what most other airlines are already doing," she said in an interview.



Unless you have one of these red tags, you will not be approved to carry on your bags. Air Canada has started to issue red tags for approved carry-on bags that meet the dimensional

season is set to begin, Smith-Valade said the goal is to efficiently board planes so flights can leave on time. The airline says surveys have shown that on-time departures are the biggest driver of customer satis-

Reaction to the crackdown

was mixed on social media.

"It's about time! So many people took advantage of taking too much space in the storage bins," N. MacRae wrote on Twitter.

But someone else said the problem would be solved if the airline raised the ticket price and allowed free checked bags.

"Just raise the ticket price by \$25 and check-in bags are free ... problem solved," wrote



Air Canada outlines carry-on specifics

Air Canada specifies that a personal item can include a backpack, briefcase or laptop computer measuring up to 16 by 33 by 43 centimetres and a standard item such as a suitcase measuring up to 23 by 40 by 55 centimetres, including wheels and handles. The weight limit is 10 kilograms per item.

Air Canada plans to begin checking and tagging carry-on bags at most other Canadian airports around June 8.

Âirlines around the world have seen the number of carryon bags rise as they implement checked baggage fees.

Air Canada began charging a \$25 checked-bag fee last fall on its lowest-class domestic flights and on flights to and from the Caribbean and Mexico. The airline has charged for a traveller's first checked bag on U.S.-Canada transborder routes since 2011. The fee applies to about 20 per cent of passengers.

"They don't love it, understandably," Smith-Valade said of the checked bag fees. "But they understand that we have a competitive industry, that other airlines are doing it, that our domestic competitor introduced it and in order to remain competitive we needed to introduce it as well.

Transport Canada rules allow passengers to carry on two unchecked items.

Those travelling with an infant on their lap can carry on an additional standard article. THE CANADIAN PRESS

Cheap oil may split housing market

Lower crude prices are expected to help contribute to a split in the Canadian housing market that will see oil-producing provinces slow but others gain ground, Canada Mortgage and Housing Corp. said Monday.

The federal agency predicted the overall pace of housing starts will slow slightly this year and next, but that there would be regional differences.

"A slowdown in housing starts and resale transactions in oil-producing provinces such as Alberta will be partly offset by increased housing market activity in other provinces, such as Ontario and British Columbia, which benefit from the positive impacts of declining energy prices, a lower Canadian dollar and continued low mortgage rates," CMHC chief economist Bob Dugan said in a statement.

CMHC's second-quarter forecast calls for between 166,540 and 188,580 housing starts this year and between 162,840 and 190,930 in 2016.

That compares with a firstquarter outlook for housing starts to range between 154,000 and 201,000 units in 2015 and from 148,000 to 203,000 units

the following year.
Regionally, Alberta is expected to see a 13.8 per cent drop in housing starts, while Saskatchewan is forecast to slip 21.3 per cent this year. Offsetting the decreases, Ontario is expected to gain 4.3 per cent.

Alberta is expected to be the big percentage loser with a drop in resales of 19.2 per cent this year, while Saskatchewan is expected to lose 9.8 per cent.

Ontario resales are forecast to gain 1.8 per cent, while B.C. is expected to add 6.5 per cent. THE CANADIAN PRESS



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METEWS

Your essential daily news

Tuesday, May 26, 2015

the big question

Why did Canada vote to keep nukes?

To show support for Israel — and it wasn't the only country to do so. Canada joined the United States and Britain on Friday in blocking a UN plan to hold a conference on nuclear disarmament in the Middle East by 2016 — a move that could have forced Israel to admit it's a nuclear power. Israeli Prime Minister Benjamin Netanyahu thanked Canada, saying "a weapons-of-mass-destruction-free zone can only be truly effective if all countries in the Middle East participate." To the disappointment of NGOs working to abolish nuclear weapons, disarmament efforts are on hold until 2020.

THE CANADIAN PRESS

Fixing transit turnover takes more than money

Colin Fast



Now that it seems the city and the transit union have come to an agreement on wages, it's time for them to address the much bigger issue of improving working conditions.

Because if either side thinks a few extra dollars is going to solve the problem of chronic turnover among transit operators, they've missed the bus.

More than half of new drivers quit within their first year on the job. That's shockingly high. Dealing with a revolving turnstile of employees — there are 75 open driver positions according to a recent job posting — must consume serious human and financial resources from the transit department.

New drivers are driven out

by split shifts, which require them to be in uniform 12 hours per day, even though they're only being paid for eight. They're up at the crack of dawn to cover the morning rush, then have a few hours off until they're back in the saddle for the afternoon rush.

It's a necessity given the nature of traffic flow in the city, but it's still a difficult life, especially if you have a family. You can't help get kids ready in the morning, and you miss dinner most nights as well.

They're driven out by the threat of violence, too. In the first 10 months of 2013, 36 transit operators were assaulted while on the job in Winnipeg. While the city has taken steps to improve driver safety in recent years — like installing cameras and having police cadets ride the transit system — it's still an ongoing concern.

They're driven out by the

stress and strain of battling traffic to maintain a precise schedule, all while remaining stuck in a chair for hours.

And they're driven out by jerks like you and me who tend to blame the driver for anything that goes wrong during our morning commute. If the bus is late, we blame the driver. If the bus is early, we blame the driver. If the bus is too full or too cold or too hot or too old, we blame the driver. If we don't have a valid monthly pass or enough money for bus fare, we somehow blame the driver.

Given all that, is it any wonder research shows transit operators suffer from high rates of cardiovascular disease, gastrointestinal issues, back pain, depression, anxiety and substance abuse?

A boost in wages might encourage some new employees to tough it out a bit longer, but the long-term solution is

If the bus is early, we blame the driver. If the bus is too full or too cold or too hot or too old, we blame the driver.

going to be more complicated. Investing in employee

health and wellness programs, expanding the fleet to keep up with increasing passenger volumes, enhancing safety standards and even relaxing seniority rules around vacation and shift selection could all help ensure more drivers stay on board during their early years.

Colin Fast is a

communications specialist and freelance journalist in Winnipeg. Follow him on Twitter @policyfrog.

ROSEMARY WESTWOOD

metroview

"It's time to shed the haughty gaze at the wayward tourist."

There's now one more reason to avoid Victoria's tourist-swarmed downtown core this summer.

Volunteers in 1940s-style British "bobby" uniforms — complete with egg-shaped hats — will be walking the beat "armed only with a smile, interesting historical facts and crime prevention information," according to police. It's an effort to make out-of-towners feel even more like they've escaped to a west-coast Pleasant-ville

And it's another reason to hate on tourists.

You know, the cameratoting (don't you have a smartphone?!), meanderers clad in comfortable shoes, clogging the seawall in Vancouver and the streets of Kensington Market in Toronto. Also known, to one friend, as "THE WORST SIDEWALK WALKERS!"

They don't know where they're going, or how to get there. They turn our cities into marketing fluff and our streets into parking lots for tour buses.

But in our annoyance, we forget: We are tourists, too.

Canadians are the seventh-largest spenders on travel in the world, to the tune of \$37 billion in 2014.

The golden rule of a good trip is good people. That could be a travel buddy or a hostel crew, but it's also often the locals. In Lisbon, Portugal, my sister and I made friends out of people who showed us the hidden bars and late-night hangouts, the beaches a short drive out of town, the best places to catch the sunset.

That's the hipster way to travel these days — getting the "local" experience. But we forget it relies on locals treating us, the tourists, like the potentially interesting humans we are.

I try to be kind to tourists, sometimes. I'll offer directions or tips on what to see and eat. But I've never looked at a tourist as a potential friend. And I've never been the source of someone's amazing story of travel to Canada.

There is another reason to stop hating tourists: They brought in \$17.3 billion in 2014. You've heard this before, but many people's livelihoods depend on them.

Yes, it is irritating to see my hometown become even more of a caricature of imagined Englishness. I didn't think Victoria could grovel any harder at the feet of its British roots. It can.

But whatever I think of the volunteer bobby idea, it's time to shed the haughty gaze at the wayward tourist. There's no point having a superiority complex if you don't help make your city a nice place to be.



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• HEALTH • MUSIC • GOSSIP



Your essential daily news

Lana Del Rey enlists the help of uber-producer Mark Ronson for her third album, coming in September



Putting on heels carries a sky-high price

RESEARCH

New study shows that stiletto-related injuries have doubled over the last decade

Injuries related to high-heeled shoes doubled between 2002 and 2012, according to a new study from the University of Alabama at Birmingham

And they're not just talking about blisters. The most common injuries were sprains and strains to the foot and ankle.

In fact, the damages were severe enough that upon publication of the study in the Journal of Foot and Ankle Injuries, the research team took the occasion to warn the public about appropriate footwear selection and awareness of one's surroundings.

"Although high-heeled shoes might be stylish, from a health standpoint, it would be worthwhile for those interested in wearing high-heeled shoes to understand the risks and the potential harm that precar-

ious activities in high-heeled shoes can cause," says lead author Gerald Mc-Gwin, Ph.D., vice chair and professor of the Department of Epidemiology in the UAB School of Public Health.

Working with data from the Consumer Product Safety Commission's National Electronic Injury Surveillance System, McGwin and his team counted 123,355 highheel-related injuries that occurred during the decade they surveyed.

The most eventful year was 2011 with more than 19,000 accidents.

The 20s are the most vulnerable years for high-heel-related injuries, followed by the 30s, according to the study.

Over 80 per cent of the injuries were to the ankle or foot, with less than 20 per cent pertaining to the knee, trunk, shoulder or head and neck, according to the study.

FASHION PAINS

Long-term damage possible

Walking in high heels has been shown to significantly reduce ankle muscle movement, which could restrict range of motion in the foot over time, according to

Previous studies have established that high heels are often the culprit behind musculoskeletal issues and lower extremity discomfort, according to McGwin. Previous research shows women's feet begin to hurt after one hour and six minutes of wearing high heels. McGwin recommends that those who don high heels be aware of how often they do so and for how long. "We also noted that nearly half the injuries occurred in the home, which really supports the idea of wearing the right footwear for the right occasion and setting," says McGwin.

His research suggests high-heeled shoes have been in fashion for nearly 300 years.

Avoid public speaking gaffes with a few common sense tips

occurred in the U.S. in 2011 — the most

eventful year for mishaps — according

Elizabeth May's rambling remarks at the recent parliamentary press gallery dinner thrust the Green party leader into the spotlight for all the wrong reasons.

to the study.

Lighthearted and selfdeprecating speeches are typically hallmarks of the annual non-partisan event. But May's address to assembled politicians and journalists veered off-course.

Before stepping to the mic, public speaking experts suggest keeping a few tips in mind for mastering the big moment and avoiding controversy.

Know your audience

Given that your audience in any public speech could range in age and background, it's best not to go "out of bounds," said Beverly Beuermann-King, a stress and resiliency specialist and certified speaking professional based in Little Brit-

"If you can't say it in front

of all of those groups without kind of embarrassing or frightening or shocking them, then it's not an appropriate story," said Beuermann-King, past president of the Toronto chapter of the Canadian Association of Professional Speakers.

Stick to the plan

Write and rehearse your remarks and stick to them, said Jim Kokocki, president-elect of Toastmasters International.



Stick with your notes, even if you think your audience isn't responding. ISTOCK

"Sometimes, people in audiences aren't very demonstrative," he said from Saint John,

"So, while you write what you might feel is a brilliant script, you might not get laughs from the audience. That doesn't mean they're not enjoying it.'

Kokocki said he doesn't think it's ever a good idea to push the envelope in public remarks.

"I suppose if you're in a small group with people you're absolutely sure you know well, you might choose to do that. But these days, everything is public and could quickly be made public," he said.

Keep it brief

"Figure out what those key stories are, making them about a minute or so apiece, give or take," said Beuermann-King.

"It really should be a threeto five-minute speech at most." THE CANADIAN PRESS

metr
LIFE | Advice & Health Tuesday, May 26, 2015 | 11

How to avoid feeling excluded

MANNERS

If no one else is going to make introductions, you should

URBAN ETIQUETTE Ellen Vanstone

Dear Ellen,

I was walking down the street with my friend, when we ran into a guy he knew, so my friend and this other guy started talking while I just stood there feeling really awkward. I kinda half-smiled like an idiot, then I took out my phone and pretended to be busy, then I just started getting irritated. Should I have said something? Or would that have made me look too insecure or oversensitive?

— Mikala

Dear Mikala,

First of all: You were not being insecure or oversensitive. You were having a sane and normal



If your friend doesn't introduce you, avoid an awkward situation by introducing yourself. ISTOCK

reaction to being treated with rude indifference.

It's fine to wave or exchange a word or two with someone you pass on the street, but as soon as your friend embarked on a longer conversation with the new guy, he should have paused to introduce you to him, and him to you.

This is basic good manners
— on the street, in restaurants,

at parties. There's a whole raft of rules and regulations about formal introductions, mostly about introducing royalty and the elderly before peasants and children (which you can find and

study online if you want).

But the only rule that matters is this: Don't let anyone stand around feeling excluded from a conversation — including yourself. If no one else is going to

make introductions, you should.

Think about it. You were standing there feeling uncomfortable, but maybe the new guy was also feeling a bit weird — especially if you half-smiled like an idiot, then whipped out your phone and pointedly ignored him, then stood there glaring at him with irritation. (Rule of thumb: It's never good manners to be passive-aggressive.)

It's much better to avoid this by introducing yourself right at the start — "Hi, I'm Mikala!" — and put everyone at ease. It doesn't mean you have to horn in on the conversation. You can stand by politely while they chat, but the door is now open for communication between all parties.

This approach will also be much nicer for your ill-mannered friend. Now you don't have to attack him for being such a rude pig the second you walk away from the new guy, or punish him with silent, fuming resentment all day, which, as mentioned, would be passive-aggressive and therefore rude, which you are not, right?



RESEARCH

Want to get more exercise? Then get a new playlist

Personalized music playlists with tempo-pace synchronization turned a group of cardiac rehab patients into devoted fitness enthusiasts, increasing adherence to exercise programs by 70 per cent, according to a new study.

It's your favourite music on playlists that have been sonically modified by audio experts who embed extra rhythmic beats, enhancing the listening and exercise experience in an effect that's called rhythmic auditory stimulation (RAS). The study has implications for patients whose long-term survival could depend on getting exercise, but they could pertain to just about everyone.

"The music tempo-pace synchronization helps cue the



It would correlate with a projected life expectancy increase of two and a half years.

Researcher Dr. David Alter, on the health benefits of the extra exercise

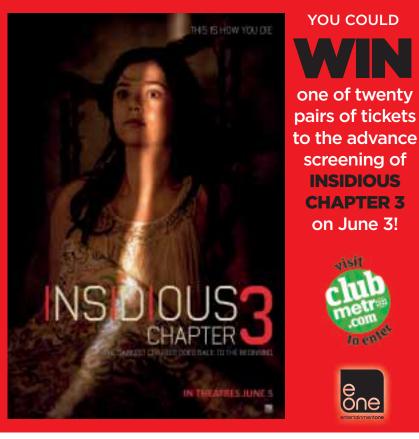


An optimized playlist was shown to help cardiac rehab patients exercise more, SHUTTERSTOCK.COM

person to take their next step or stride and helps regulate, maintain and reinforce their prescribed exercise pace," says Dr. David Alter, senior scientist for Toronto Rehab at University Health Network and Institute for Clinical Evaluative Sciences.

Those who received playlists with ordinary tempopace synchronization did an average of 105.4 minutes more exercise than those who exercised without music, yet those whose playlists had been tweaked for rhythmic auditory stimulation (RAS) exercised for at least 261.1 minutes more than both the other groups.

Crunching the numbers, the researchers whose study was published in Sports Medicine concluded that this corresponds to a 70 per cent increase in weekly exercise. Dr. Alter says cardiac rehab patients could be key to establishing its effectiveness due to their high rate of exercise abandonment. AFP



No purchase necessary. Contest open 12:01 am on May, 25, 2015 to 11:59pm on May 31, 2015 to legal residents of Toronto, Edmonton, Calgary, Winnipeg, and Vancouver, (ex QB) ofage of majority in their province of residence at time of entry. Prizes available 20 double passes to the Insidious Chapter 3 screening per market. ARV \$25.00 a pair CDN. Odds depend on number of eligible entries received. Internet, email address, and math skill testing question required. Rules and entry www.clubmetro.com

HEALTH & WELLNESS

Drink up to a healthy summer

It's that time of the year again for marathons, outdoor festivals and fun in the sun, but it's important to remember to protect yourself from the heat.

With the summer months comes outdoor activities and it's crucial that people young and old take the proper precautions to avoid sun- or heat-related illnesses, says Albertabased Emergency Medical Services public education officer Stuart Brideaux.

"The No. 1 key thing to remember is to drink water and fluids and plenty of it," he says. "A good rule of thumb of knowing when you've drank enough fluids is if you're urinating frequently."

Another good tip to remember is to drink fluids before you head out into the sun or for physical activities, not just during.

"Proper hydration really starts before you are dehydrated," he says. "Meaning, if you



SHITTERSTOCK

know you're going out for the day and will be in the heat, you should drink plenty of fluids before you go so that you're not playing catch-up."

Brideaux says people should be aware of signs of dehydration or heat exhaustion, which can include headaches, dizziness, exhaustion, and profuse sweating, among others.

"If people are feeling the effects of the heat, sun or dehydration, they should seek shade or a cool area and drink plenty of water."

But it's not just outdoor activities, says fitness trainer Ash Crowley, who explains that it's important to stay hydrated while working out indoors, as well. "I think people tend to feel safer when they are indoors in the cool air conditioning, but it can be deceiving and they should remember to drink lots of water, more water than they think they should," she says. "You really can't go wrong with at least two litres a day, if not more."

– Krista Sylvester



WELLINGTON DEDICATED TO STUDENTS

Building a future with your hands is as easy as attending Wellington College to pursue massage therapy. Wellington College offers an exceptional massage therapy education, which can lead to meaningful careers, says admission co-ordinator Tricia Neill.

"The program mission is to cultivate professional individuals skilled in therapeutic massage," she says. "What sets Wellington College apart from the other colleges is our compassion, openness and caring of the entire staff, including the instructors, administration and retail alike."

Wellington College takes a scientific approach to massage based upon more than 75 years of history in osteopathic medicine, which requires a thorough understanding of the functions of the body and its anatomy.

"The college has dedicated itself to the advancement of massage therapy and manual therapies," Neill says.

There are two options for study: A twoyear, full-time program; and a three-year, distance education option. The college also offers a three-week practicum following the completion of the program for students to gain clinical experience and be mentored under current massage therapists.

For more information, visit wellington-college.com.

The college is offering a free clinic for those suffering from musculoskeletal pain that may not normally be able to afford treatment. The clinic will run June 1, 2, 8 and 9.

This pilot project will have students work in teams to assess the client's condition and review their findings with the instructor prior to providing treatment. For more about the clinic, call 204-957-2402.

Wellington

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or visit massagetherapycareers.ca

SHARING A WEIGHT LOSS EXPERIENCE

U Weight Loss Clinic client Jacquie Karlenzig, a self-proclaimed "poster girl for yo-yo diets," shares her experience on her weight loss journey, not only shedding 32 pounds and keeping them off, but altering her entire lifestyle.

HOW MUCH WEIGHT HAVE YOU LOST?

I lost 32 pounds in just under four months.

HOW DID YOU GAIN YOUR WEIGHT?

I always struggled with my weight and was forever on one diet or another.

WHAT WAS THE FINAL STRAW THAT MADE YOU START YOUR **WEIGHT LOSS JOURNEY?**

I was really looking for the right education when it came to understanding healthy weight loss. Most importantly for me, I wanted to be done with the dieting rollercoaster and find a program that guaranteed long-term results. U Weight Loss Clinic did precisely that for me. My energy soared and I really started to live the life I'd always imagined I could.

HOW DID YOU FEEL ABOUT SEEKING HELP FOR YOUR WEIGHT?

Truly, I was the poster girl for yo-yo diets. That was extremely frustrating. I was ready



Jacquie Karlenzig before.

for something that gave me long-term results. U Weight Loss provided such a simple, science-based education that really required only a few lifestyle tweaks to implement. The results were amazing.



Jacquie Karlenzig after. CONTRIBUTED PHOTOS

ANY BIG SURPRISES?

Frankly, I was surprised I didn't have to eat separate meals from the rest of my family. The UWL recipes actually improved the taste and quality of meals for my entire family.

DIFFERENT THAN OTHER PLANS YOU HAVE TRIED?

Unlike anything I had ever tried, U Weight Loss promotes abundance, not restriction. The program is all about combining your favourite foods in such a way that they rev up your metabolism, balance your hormones and burn fat.

WHAT ARE YOUR FAVOURITE **MEAL PLANS?**

There are thousands to choose from, but I love the yogurt parfaits, the cheesecake bites and the taco potatoes.

HOW DO YOU FEEL NOW?

I feel amazing. I have gone from feeling sluggish, frumpy and shy to feeling energetic, outgoing and fabulous.

DO YOU HAVE ANY ADVICE FOR ANYONE STRUGGLING WITH WEIGHT LOSS AND **HEALTH-RELATED CHALLENGES?**

Quite simply, U Weight Loss works. It's a lifestyle that doesn't get in the way of your life. I now work in the clinic as a coach and just love my job. Every day, I witness men and women of all ages and sizes discover the simple science behind long-term weight management and I know exactly how thrilled they feel.

J weight loss clinics™

"I Feel Totally Amazing And Don't Miss Those 90 Lbs. One Little Bit!"

Says The Elated Brittany, Client At Local U Weight Loss Clinics™ Who Dropped 90 Lbs And 72 Inches In 32 weeks... From Size 18 To Size 6!

- After trying and failing so many times to lose weight, I finally understand how my body actually works.
- U Weight Loss Clinics™ truly have a UNIQUE science based approach to weight loss that is SO SIMPLE and provides such FAST RESULTS. They showed me how to combine my favourite foods in a way that REVED UP MY METABOLISM and
- I was SHOCKED by how MUCH FOOD I was able to eat and yet I DROPPED 8 LBS my FIRST WEEK. That was so inspiring for me...and in 32 WEEKS, ALL 90 lbs WE'RE GONE!
- I enjoyed ALL my favourite foods from bbq STEAK and CHICKEN STIR FRY'S to my most favourite MUFFINS. No pre-packaged food here. Simple recipes I put together or selected from the Thousands of quick easy recipes in the clinic. NOT ONCE, DID I EVEN FEEL LIKE I WAS ON A DIET.
- The Canadian Dr's who put this program together REALLY KNEW what they were doing. I NOW understand that everything I eat either stimulates a fun burning hormone in my body or a fat storing one...Frankly, I didn't even know my body HAD fat burning and storing hormones, never mind that how I ate affected them!!
- This Program was all about the SIMPLE SCIENTIFIC KNOWLEDGE behind weight loss and THATS what I was lacking, not discipline. (I used to eat so little food hoping to lose more weight...BOY WAS I WRONG!)
- With the fabulous support and knowledge from the U weight loss clinics™ here in GP, I am so much HAPPIER and healthier than I ever possibly imagined. Most IMPORTANTLY, it's just a lifestyle now so I won't ever gain those 90 lbs back. I HOPE my story can be AN INSPIRATION to anyone who has struggled as much with their weight as I did.

DON'T GIVE UP! U weight loss will totally CHANGE YOUR LIFE!



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Stamkos eager to finish the job against Rangers

NHL PLAYOFFS

Bolts could advance to Cup final with win **Tuesday night**

Steven Stamkos knows what it's like to come close to getting to the Stanley Cup final and wind up not playing on the NHL's biggest stage.

It happened to the Tampa Bay Lightning four years ago, and the three-time all-star is determined to not let another opportunity slip away.

After a slow start to the playoffs, the high-scoring team captain helped the speedy Lightning push the New York Rangers to the brink of elimination from the Eastern Conference final.

Game 6 is Tuesday night at Amalie Arena. A Lightning victory will send Tampa Bay to the Cup final for the second time in franchise history. And the Rangers are looking to extend the series to a seventh game, which would be played Friday night in New York.

You kind of have to realize where you are and kind of use that as a little bit of motivation," Stamkos said. "The harsh reality is, some guys in this room may never get the chance to get this far again. Hopefully everybody does, but



Steven Stamkos has scored in the past four games and seven of the past 10 for the Lightning. BRUCE BENNETT/GETTY IMAGES

Stamkos knows first-hand. He and defenceman Victor Hedman are the only players remaining from the Tampa Bay team that came within one victory of playing in the

Cup final in 2011. The Light-

ning lost Game 7 to Boston 1-0

you never know in this sport."

and didn't win another playoff game until this year.

The two-time Maurice Richard Trophy winner was a young, rising star on that team. Now, he's one of the league's most prolific scorers, leading a club that's flourished in the playoffs even when Stamkos

has struggled to score.

After failing to find the back of the net in Tampa Bay's first eight games this post-season, Stamkos has scored in seven of the past 10 to help the Lightning eliminate Montreal in the second round and take a 3-2 series lead over the Rangers.

As this playoff has gone on, Stammer just continues to rise to the occasion.

Lightning coach Jon Cooper on Steven Stamkos

New York overcame a 3-1 deficit to eliminate the Washington Capitals in the second round. They've been a resilient team in reaching the conference finals three of the past four years, and say they believe they're capable of taking the series back to Madison Square Garden.

"We've obviously been in a few of these situations in the past and are very confident that our group is going to enjoy the opportunity and enjoy the challenge, get ready for it and come up with a good game," Rangers coach Alain Vigneault said.

We know the situation we're in," New York centre Derek Stepan added. "We have to stay confident.'

THE ASSOCIATED PRESS



Go to metronews.ca for coverage of Game 5 in the Western Confer-ence final between the **Ducks and Blackhawks.**

WORLD CUP SOCCER

Canadian player to miss first game

The first group game has already been ruled out for Diana Matheson but the influential midfielder is still part of Canada's World Cup plans.

Matheson is returning from a broken foot suffered during her comeback from knee surgery.

The goal is to bring her back during the tournament," Canadian coach John Herdman said Monday, "We know it's an impossible mission for the

first game. But we'll get her back at some point. That's the goal. "We've just

got to keep hoping the trajectory's forward. But these things can change in a heart-

beat. They can change any day - either progressive or regressive. At this point, everything's positive."

Matheson

SERVICE

TORSTAR NEWS

With 166 caps, Matheson is a leader for the Canadian team on and off the field. So Herdman has included her in his 23-woman roster for the 24-team tournament that kicks off June 6.

Teams have until 24 hours before the first game to replace a player due to injury reasons.

The 31-year-old from Oakville, Ont., had the same injury in her left foot in 2010 and now has matching screws in each foot.

"The philosophy remains the same with Diana. If we know we can get her a minute on the pitch, we will," said Herdman.

Matheson watched Canada's 0-0 training match with Nigeria on Monday, walking with a slight limp. THE ASSOCIATED PRESS



We've just got to keep hoping the trajectory's forward. But these things can change in a heartbeat.

Coach John Herdman

Venus suffers early dismissal in Paris

A loss by Venus Williams in the first round at a Grand Slam is no longer the rarity it once was.

And, as it happens, the woman who beat Williams at the French Open on Monday, Sloane Stephens, is making a concerted effort, at her coach's behest, to focus less on who is on the other side of the net.

Still, it was hard not to see the 22-year-old Stephens' 7-6 (5), 6-1 dismissal of seven-time major champion Williams, who at 34 was the oldest woman in



She just played better than me today.

Venus Williams

the field, as a statement about the directions their respective careers are heading.

It was Williams' second opening defeat in three years at Roland Garros. THE ASSOCIATED PRESS



Hamilton whiffs it but Rangers win anyway

Josh Hamilton was hitless in his return to the majors, but reached on a key error that sent the Texas Rangers over Cleveland 10-8 Monday for their sixth straight win.

Hamilton, slowed this season by shoulder surgery, was 0 for 3 with two strikeouts and a walk, and scored a run.

Hamilton was traded from the Angels back to Texas in late April. THE ASSOCIATED PRESS

McDonald cut by Bears after arrest



Ray McDonald played eight seasons for the 49ers.

GETTY IMAGES FILE

following a domestic violence arrest in Northern California that police say stemmed from him assaulting a woman who was holding a baby. Santa Clara police Lt. Kurt

The Chicago Bears have released

defensive end Ray McDonald

Clarke reports that McDonald was taken into custody at 7 a.m. Monday on suspicion of domestic violence and child endangerment. Police did not disclose if the woman or the baby were injured. THE ASSOCIATED PRESS

RECIPE Salmon with Avocado and Orange Salsa



Rose Reisman

Ready in

Prep time: 10 minutes Cook time: 15 minutes

Ingredients

- 11/2 lb salmon fillet
- Salt and pepper Salsa
- 2/3 cup finely diced orange
- 2/3 cup finely diced avocado
- · 2 tsp orange juice concentrate
- 1/4 cup finely chopped red bell pepper
- 1/4 cup finely chopped red onion
- 2 tsp olive oil
- 2 tsp lemon juice
- 1/2 tsp finely chopped garlic
- Salt and pepper
- 1/4 cup chopped cilantro

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

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50 Montreal NHL-er 53. By any chance? 54. Bright city signs 56. Sandy formation 57. Point 58. Governmentowned expanses of

Canada: 2 wds.

60. Payment in **DOWN** poker 1. Couches 61.Go on a coun-_Love" by Led Zeppelin 62. Book's brief 3. One employed beginning for sandals ad-63. Not as much verts: 2 wds. 64. The _ Coast 4. Characters 65. Namesakes of acto selves Mr. Diggs 5. Central Asia river.

Darva 6. Happy as 7. Member of the Order of Canada who is a 5x Olympian in track: 2 wds. 8. Geological periods 9. 1998 Jackie Chan action com-

edy: 2 wds 10. Whimsically wondered 11. "__ a stinker?" Bugs Bunny 12. Canadian author Ms. Gallant 13. Dule Hill series of 2006 to 2014 18. "_ Lap" (1983) 24. Vegas wager 26. Lac-_-Sables, Quebec 28. Animal doc 30. Labatt product 31. Uniquely-spelled mountain basin 32. "Just as I thought!"
33. NFLD: Quidi _ (St. John's neighbourhood) 34. Marg _ (Politicians-interviewing character for Canadian comedian Mary Walsh) 35. Pointy tool 36 TTFN 38 Sunday: French 39. Rocker Mr. Shannon 41. Movie genre, _-com 42. Roll 43. Truly, archaically 45. Queenly 46. Pertaining to sheep 47. Tangs 49. Dry, basically 51. Outkast member, _ 3000 52. Kisses: Spanish 55. 'Ranch' suffix

56. Mr. Carvey

59. On, as a candle

* IT'S ALL IN THE STARS by Sally Brompton

1. In a small bowl, combine the

salsa ingredients. Stir to com-

2. Preheat a barbecue to medium-

high heat or lightly coat a non-

stick grill pan with cooking spray

and set over medium-high heat.

10 minutes per inch of thick-

3. Spoon the salsa over the

when tested with a fork.

salmon before serving.

Nutrition per serving

· Carbohydrates 21 g

PHOTO: ROSE REISMAN

(recipe serves 6)

Calories 238

Protein 26 g

ness or until the fish just flakes

Sprinkle the salmon with salt and

pepper. Cook the salmon for about

bine and set aside.

Aries March 21 - April 20 Strangely, you will get a lot more done today if you slow down and try to do less - not least because you won't have to spend so much time correcting your mistakes

Taurus April 21 - May 21 If someone is critical of you today there can only be one reason: they are jealous of your popularity and success. If they say that you are doing something wrong the more you can be sure you are doing it right.

I Gemini May 22 - June 21 Get routine matters out of the way as early as you can because later in the day you will get an invite you won't want to turn down. Take your responsibilities seriously, but not so seriously that you cannot enjoy yourself.

Cancer June 22 - July 23 You may not care too much about money and possessions, but try not to give others the impression today that you will give them whatever it is they want from you.

Leo July 24 - Aug. 23 Jupiter in your sign is a wonderful influence and you won't lack for confidence over the next few days. But can you balance it with common sense? If not you might go over the top.

Virgo Aug. 24 - Sept. 23 You may be eager to try new things, but don't take unnecessary risks with money or your reputation. While your ruling planet Mercury continues to move retrograde you should aim to play safe, in some things at least.

Libra Sept. 24 - Oct. 23 Do you see things the way they are or the way you would like them to be? That's an important question because the planets warn you could be a little too optimis tic for your own good today.

Scorpio Oct. 24 - Nov. 22 Someone you have to deal with today and tomorrow may seem scary but they are more afraid of you. You always seem so selfpossessed and sure of yourself and it can be quite intimidating!

Sagittarius Nov. 23 - Dec. 21 You don't have to make apologies to someone you fell out with. Why should you when they are wrong and you are right? On the other hand maybe you should soften your tone.

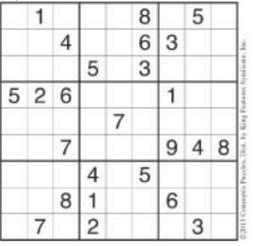
Capricorn Dec. 22 - Jan. 20 You seem to be under the impression that you can get away with anything. It may or may not be true but either way it's not a wise attitude to take.

Aquarius Jan. 21 - Feb. 19 Can you believe what a friend or relative says? It may sound outrageous but according to the planets they could be telling you the truth. What do your instincts tell you?

Pisces Feb. 20 - March 20 Don't push yourself too hard over the next 24 hours. If you can get away with it today you should knock off early from work and give both your brain and your body a rest. Your batteries are desperately in need of a recharge

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



Of all the beverage containers that weren't recycled, how many were yours?





The mother of two had no vision problems and only decided to have an eye exam by chance following her sons' examinations. Her Doctor of Optometry detected glaucoma, an eye disease that has no obvious symptoms and can lead to blindness if left untreated.

Adults like Sharlene are at an increased risk for age-related eye conditions, some of which may have no visible symptoms until the condition is advanced and difficult, or even impossible, to treat. An eye exam by a Doctor of Optometry can assess the quality of your vision and eye health, as well as uncover underlying health issues, such as Type 2 diabetes, tumours, cancer of the eye, high blood pressure and certain vascular diseases.

Book an eye exam with a Doctor of Optometry today.



